



State of New Hampshire Wellness Program News

June 2011

Safety and Health Protection

Summertime Fun and Safety

Summertime and the livin' is easy...ah...visits to beaches and lakes; backyard barbeques and picnics; hiking, biking and boating...all the things we love about summer! To keep your summer memories from going bad, it is important to take safety precautions in order to avoid potential upsets and injuries. As you prepare for your summer adventures, consider the following health and safety topics.

Helmets

There's no doubt about it...helmets save lives! Wearing a helmet when riding a motorcycle reduces risk of death by 37% and reduces risk of head injury by 69%. Helmets that meet the DOT standard do not reduce visibility or impair hearing.

Millions of Americans ride bicycles, yet only a small percentage wear bicycle helmets. Only about one in four children ages 4-15 years wears a bicycle helmet when riding, and teens' use of helmets is nearly zero. Wearing a bicycle helmet reduces the risk of brain injury by 88% and reduces the risk of injury to the face by 65%. Parents serve as role models to their children; if they wear helmets, their children are more likely to wear a helmet as well.



Sun Exposure

Protection from sun exposure is important all year round, not just during the summer or at the beach. Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

The hours between 9 a.m. and 4 p.m. are the most hazardous for UV exposure, and are the greatest during the late spring and early summer. Unprotected sun exposure causes premature aging of the skin and can lead to skin cancer.

Water Safety

Every day, about ten people die from unintentional drowning. Of these, two are children aged 14 or younger. Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years.

Outdoor Safety

The return of warmer temperatures brings the opportunity for freedom, relaxation, exploration, and being closer to nature. Whether you're relaxing in the backyard, turning up your garden, hitting the pool, or exploring the great outdoors, visit cdc.gov/Features/MovingOutdoors/ for some ways to help keep you and your family healthy.



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June



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						
5	6	7	8	9	10	11
						
12	13	14	15	16	17	18
						
19	20	21	22	23	24	25
						
26	27	28	29	30		
						

Health Observances

Home Safety Month

Men's Health Month

Fireworks Safety Awareness Month

June 1-7 Walk NH Week

June 5—National Cancer Survivors Day

June 13-19—Men's Health Week

June 27—National HIV Testing Day



The sneaker on the calendar represents outdoor activity events posted on www.coolrunning.com as of 5/26. Visit the website to search for family and individual running/walking events.

Check out these websites to find out wellness activities in your area:

www.visitnh.gov
www.healnh.org

Wellness Coordinator Corner

Lottery Commission — RoseAnn Prescott, Lottery's Wellness Coordinator, invited three members from the State's Wellness Program to present the "Understanding Your Health" wellness workshop with Lottery employees. This workshop reviewed the problem of increasing health care costs and introduces the concepts of medical consumerism and medical self-care. Tips to cost containment strategies were made available to assist employees and family members.

Transportation — DOT is currently sponsoring Environmental, Health & Safety (EHS) Days for Department employees in many DOT locations around the State. During the afternoon sessions, appropriate statewide health service providers, other State agencies and local wellness practitioners set up display tables and/or provide hands-on wellness information pertaining to topics such as nutrition, tobacco cessation, physical activity and stress reduction.

Employee Wellness Testimonials — Recently, a few employees provided testimonials sharing how their experiences in adopting a healthy lifestyle is benefiting their lives. If you have heard similar employee testimonials and can get permission to share them, please contact Mike Loomis at 271-4103. All submissions will be anonymous and posted at admin.state.nh.us/wellness/Wellness_EmployeeTestimonials.html.



2011 New Hampshire Great Park Pursuit



2011 marks the 5th Annual NH State Parks Great Park Pursuit. The Pursuit is geared to introduce children, and perhaps their parents, to the great outdoors with fun and exciting activities. With the help of event-day sponsors, they have been able to bring children and their families closer to nature by providing programming that is focused on outdoor recreation and/or environmental and conservation education. For more information, visit nhstate-parks.org/whats-happening/great-park-pursuit/ or call the State Division of Parks and Recreation at 603-271-3556.

Wellness Worksite Workshops

Anthem

Stress Less in the Workplace—We can't avoid it, so how do we cope with it? Both the stress we take with us when we go to work and the stress that awaits us on the job are on the rise – and employers, managers, and employees all feel the added pressure. While some stress is a normal part of life, excessive stress interferes with productivity, can lead to an increased number of work-related accidents and injuries, contribute to poor employee morale, and most importantly can impair physical and emotional health. The ability to manage stress in the workplace can make the difference between success and failure on the job, not to mention bolster personal job satisfaction.

In this workshop, learn the anatomy and physiology of stress and how to identify workplace stressors, as well as strategies and techniques for managing job stress. Additionally, discover your personality type, understand your co-workers' personality types and behaviors, and how to make the most of your work relationships.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com

Employee Assistance Program

Burnout—Do you find it difficult to muster the energy to do your job? Are you emotionally exhausted? Could you be burned out? Job burnout has only recently been recognized as a problem in the workplace, and in recent years the phenomenon has attracted wide attention. This workshop focuses on how burnout affects people, what causes it, and how to prevent or recover from it.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact EAP at 603-271-4336 or visit www.dhhs.nh.gov/hr/eap/index.htm

Local Government Center

Men's Health: Tune Up for Life—Since most men do a better job of taking care of their cars than their bodies, this interactive workshop teaches them how to treat their body more like their car by keeping it in tip-top shape. Attendees also learn about chief health threats for men and preventive strategies to stay healthy.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail at wbyron@nhlgc.org

Commissioner's Physical Activity Challenge June 1—30, 2011

The State Employee Wellness Program will once again hold the Commissioner's Physical Activity Challenge as a way to motivate some friendly wellness competition. Last year, employees were collectively active for nearly 31,600 miles in just one week! This year, the Challenge will run for an entire month and agencies will compete in three groups based on total number of employees.

This Challenge is designed to encourage people of all ages to get out, get moving and participate in daily activity. We will recognize many forms of physical activity including bicycling, swimming, kayaking, gardening and more to allow participants at all levels and ability to join in. In order to participate, employees can sign up anytime in June with their Agency Challenge Coordinator, track their miles of activity, then report it back to their Challenge Coordinator. If you are unsure of the amount of miles you are active, you may use the rule that 20 minutes of physical activity equals 1 mile. If you cover a known distance, you can count the number of miles and report it. Physical activity helps achieve and maintain a healthy weight, reduce high blood pressure, risk for type 2 diabetes, heart attack, stroke, several forms of cancer, arthritis pain and associated disability, risk for osteoporosis and falls. So get involved and make every day count!

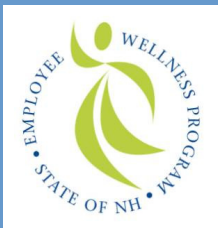
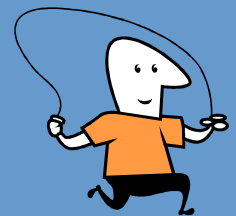
Governor John Lynch has proclaimed **June 1-7 Walk NH Week** as a way to promote walking and help keep New Hampshire residents on a healthy path. This **can be a great jump start into accumulating miles toward the Commissioner's Challenge**. While Walk NH is a separate physical activity initiative from the Commissioner's Challenge, we encourage you to visit walknh.org and look for walking events happening in your community between June 1-7.

Commissioner's Physical Activity Challenge Awards will be presented to agencies in each group with:

- Greatest percent of employee participation
- Greatest amount of miles per participant

Additional awards will be presented to:

- State Commissioner/Director with the greatest amount of activity miles
- State employee with the greatest amount of activity miles



For questions or to find out if your agency is participating, visit
admin.state.nh.us/wellness/Wellness_ActiveLiving.html or call 271-4103

Anthem Preventive Health Guidelines

Preventive health guidelines As of April 2011

In June, Anthem will mail State Health Benefit Subscribers a booklet containing preventive health guidelines. Regular checkups from your primary care doctor can help you stay well and may even catch problems early, which could be life saving.

When you go to providers in the Anthem network, The State of New Hampshire Health Benefit Program covers 100% of preventive care services such as immunizations, screenings and exams. In this mailing you'll find preventive health guidelines for men, women and children. There's also a schedule for vaccinations and screenings.

Please use these materials when you talk with your doctor about your health care. Keep in mind that some preventive care services may not be right for everyone. Whether or not certain preventive care services are right for you may be decided by guidelines and by the doctor who's treating you.



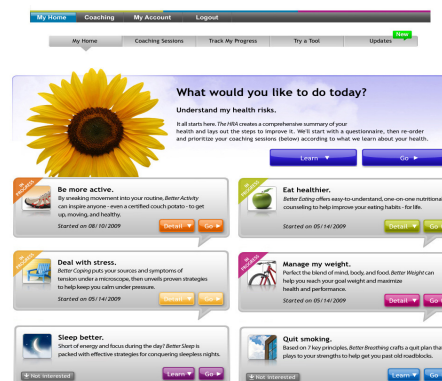
State Health Benefit Program Spotlight

Community Health Education Reimbursement Program (CHERP)

The Community Health Education Reimbursement Program (CHERP) is available to State employees in either the HMO or POS Health Plan. Employees that participate in an Anthem approved CHERP class are eligible for reimbursement up to \$150, per family per calendar year. Approved CHERP classes cover a wide range of topics including nutrition counseling, tobacco cessation, parenting, CPR/First Aid, Weigh Watchers, childbirth education and many more. For a complete list of the latest Anthem approved CHERP providers and facilities, visit admin.state.nh.us/hr/formsH&D.html and select the "Anthem Contracted Community Health Education Providers". You can also download and print the "Anthem Health Education Reimbursement Form", which includes submission instructions.

Better Health Digital Coaching—"Be More Active" Coaching Program

5,363 State Health Benefit Program Members have completed their Health Assessment Tool (HAT)! Active State employee health benefit subscribers that complete the Better Health HAT will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/ benefit year 2011. Many have also gone on to participate in the "Be More Active" Better Health Coaching Program. A program that provides personalized guidance designed to help you become more active. Further details on how to take the HAT and information regarding the HRA can be found by visiting admin.state.nh.us/hr/flexible_spending.html.



June is Men's Health Month!



Men's Health Network

Men's Health Network (MHN) is a non-profit educational organization made up of physicians, researchers, public health workers, individuals and other health professionals.

MHN was founded in 1992 by a group of health professionals and key thought leaders interested in improving the health and well-being of men, boys and families.

The Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Alarming statistics show that men's health is at great risk.

On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis. Research shows that:

- men do not see physicians for a physical exam nearly as often as women
- men are dying of the top causes of death at higher rates than women
- men are more likely to be uninsured than women
- approximately 30,000 men in the US die each year from prostate cancer

Find events in your area by checking the Men's Health Calendar at: www.menshealthnetwork.org

Want some interesting and fun things to do during Men's Health Month? Visit us at: www.menshealthmonth.org

MEN'S HEALTH MONTH

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org